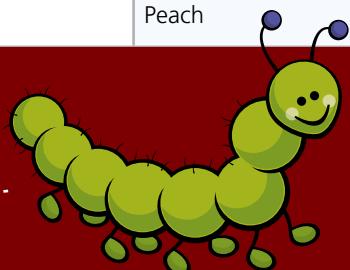


Stage 1 approx. 6-9 months



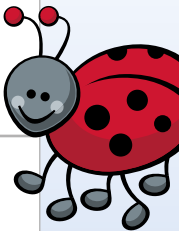
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Pea & carrot	Butternut squash & swede	Carrot & potato	Sweet potato & broccoli	Broccoli & parsnip
	Apple	Mango	Prunes	Peach	Banana
TEA	Leek & potato	Broccoli & carrot	Parsnip & pea	Green beans & sweetcorn	Courgette & potato
	Stewed pear	Banana	Melon & rice	Stewed pear	Mango
WEEK TWO OF FOUR					
LUNCH	Green beans & carrot	Swede & carrot	Potato & broccoli	Cauliflower & carrot	Courgette & sweet potato
	Pear	Apple	Peach	Pear	Banana
TEA	Pea & potato	Cauliflower & leek	Spinach & sweet potato	Carrot & swede	Pea & butternut squash
	Rice & melon	Banana	Prunes	Apple & mango	Peach
WEEK THREE OF FOUR					
LUNCH	Pea & potato	Cauliflower & carrot	Potato & spinach	Courgette & parsnip	Sweet potato & pea
	Mango	Prunes	Banana	Apple & pear	Peach
TEA	Courgette & carrot	Sweet potato & sweetcorn	Broccoli, pea & carrot	Cauliflower & green beans	Carrot & spinach
	Apple	Pear	Melon & rice	Apricot	Apple
WEEK FOUR OF FOUR					
LUNCH	Courgette & carrot	Cauliflower & sweet potato	Carrot & potato	Sweet potato & carrot	Courgette & swede
	Apple	Banana	Prunes	Melon & rice	Mango
TEA	Parsnip & carrot	Butternut squash & leek	Spinach, pea & swede	Swede & pea	Cauliflower & carrot
	Pear	Peach	Banana	Apple	Banana



Food is pureed to suit children's individual needs

Stage 2 approx. 9-12 months

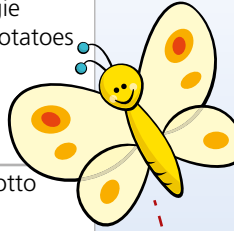
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Tuna lasagne	Cottage pie with vegetables	Vegetable pasta bake with cheese topping	One lamb hot pot	Roast dinner & trimmings
	Fruit salad	Stewed apples and pears	Yoghurt	Apple Jack	Yoghurt
TEA	Spicy butternut squash & parsnip soup with welsh rarebit or courgette muffins	BBQ chicken served with rice	Sardine/salmon and tomato potato/cheese bake	Jacket potato, beans, cheese & vegetable sticks	Salmon with savoury rice
	Rice pudding	Fruit	Blueberry muffin	Melon	Fresh fruit salad
WEEK TWO OF FOUR					
LUNCH	Vegetable bolognaise	Chicken and sweet potato tikka & toasted pitta / rice	Roast dinner & trimmings	Fishcakes and vegetable rice with salsa	Cod in a white sauce served with vegetables & potato
	Fresh fruit	Cherry/carrot cake	Fruit salad	Fresh fruit salad	Yoghurt
TEA	Irish stew served with crusty bread	Tuna pasta bake	Chunky winter broth served with crusty bread	Chicken pasta bake	Vegetable bean chilli with cheese & rice
	Banana and custard	Yoghurt	Pineapple muffin	Semolina / rice Pudding	Apple & custard
WEEK THREE OF FOUR					
LUNCH	Sweet & sour chicken served with rice or noodles	Fish goujons with mashed potato and peas	Chicken, leek & mushroom pie served with potatoes, vegetables and gravy	Roast dinner & trimmings	Cottage pie (beef, lamb or chicken) served with vegetables
	Pear crumble with custard or cream	Apple Jack	Fruit	Yoghurt	Angel delight
TEA	Mediterranean roasted vegetable wrap with cheese	Pizza (tuna, ham or vegetable) served with vegetable sticks or warm sweetcorn	Ratatouille pasta	Salmon/tuna potato cake served with baked beans	Macaroni cheese served with peas & sweetcorn
	Melon	Yoghurt	Sugar-free banana loaf	Rice pudding	Fruit
WEEK FOUR OF FOUR					
LUNCH	Meat lasagne	Roast dinner and trimmings	Beef/lamb stew with dumplings	Sardine/tuna/cod with vegetables in mornay sauce, served with mashed potato	Chicken Jambalaya
	Yoghurt	Fruit salad	Yoghurt	Fruit	Stewed apple with ice-cream
TEA	Fish fingers, peas & mashed potato	Mild chilli five bean pasta bake	Tuna & vegetable pasta in tomato sauce with cheese	Beef/chicken Goulash with rice	Cheese & potato pie with baked beans
	Fruit	Yoghurt	Pineapple upside-down cake	Fruit cookie	Fruit salad



Stage 3 approx. 12 months plus

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Tuna lasagne	Cottage pie with vegetables	Vegetable pasta bake with cheese topping	One lamb hot pot	Roast dinner & trimmings
	Fruit salad	Stewed apples and pears	Yoghurt	Apple Jack	Yoghurt
TEA	Spicy butternut squash & parsnip soup with welsh rarebit or courgette muffins	BBQ chicken served with rice	Sardine/salmon and tomato potato/cheese bake	Jacket potato, beans, cheese & vegetable sticks	Salmon with savoury rice
	Rice pudding	Fruit	Blueberry muffin	Melon	Fresh fruit salad
WEEK TWO OF FOUR					
LUNCH	Vegetable bolognaise	Chicken and sweet potato tikka & toasted pitta / rice	Roast dinner & trimmings	Fishcakes and vegetable rice with salsa	Cod in a white sauce served with vegetables & potato
	Fresh fruit	Cherry/carrot cake	Fruit salad	Fresh fruit salad	Yoghurt
TEA	Irish stew served with crusty bread	Tuna pasta bake	Chunky winter broth served with crusty bread	Chicken pasta bake	Vegetable bean chilli with cheese & rice
	Banana and custard	Yoghurt	Pineapple muffin	Semolina / rice Pudding	Apple & custard
WEEK THREE OF FOUR					
LUNCH	Sweet & sour chicken served with rice or noodles	Fish goujons with mashed potato and peas	Chicken, leek & mushroom pie served with potatoes, vegetables and gravy	Roast dinner & trimmings	Cottage pie (beef, lamb or chicken) served with vegetables
	Pear crumble with custard or cream	Apple Jack	Fruit	Yoghurt	Angel delight
TEA	Mediterranean roasted vegetable wrap with cheese	Pizza (tuna, ham or vegetable) served with vegetable sticks or warm sweetcorn	Ratatouille pasta	Salmon/tuna potato cake served with baked beans	Macaroni cheese served with peas & sweetcorn
	Melon	Yoghurt	Sugar-free banana loaf	Rice pudding	Fruit
WEEK FOUR OF FOUR					
LUNCH	Meat lasagne	Roast dinner and trimmings	Beef/lamb stew with dumplings	Sardine/tuna/cod with vegetables in mornay sauce, served with mashed potato	Chicken Jambalaya
	Yoghurt	Fruit salad	Yoghurt	Fruit	Stewed apple with ice-cream
TEA	Fish fingers, peas & mashed potato	Mild chilli five bean pasta bake	Tuna & vegetable pasta in tomato sauce with cheese	Beef/chicken Goulash with rice	Cheese & potato pie with baked beans
	Fruit	Yoghurt	Pineapple upside-down cake	Fruit cookie	Fruit salad





	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Vegetable pasta	Butternut squash casserole	Lentils pie with vegetables	Mushroom & sweetcorn pasta bake	Roast vegetables, Quorn or veggie mince, roast potatoes & gravy
	Fruit salad	Stewed apricots & pears	Yoghurt	Apple jack	Yoghurt
TEA	Spicy butternut squash & parsnip soup with Welsh Rarebit or courgette muffins	BBQ vegetables served with rice	Red lentil & cannellini bean mild curry	Jacket potato & baked beans and cheese	Mushroom risotto
	Rice pudding	Fruit	Blueberry muffin	Melon	Fresh fruit salad
WEEK TWO OF FOUR					
LUNCH	Vegetable bolognaise	One vegetable hot pot veggie mince or Quorn	Roasted vegetables and trimmings	Vegetable pasta bake	Jacket potato with vegetable bean chilli & cheese
	Fresh Fruit	Yoghurt	Fruit salad	Semolina	Yoghurt/ Fromage frais
TEA	Irish (Quorn or veggie mince) stew served with soft bread	Cauliflower ,leeks and mushrooms pasta supreme	Chunky winter broth served with crusty bread	Very mild vegetarian/ quorn curry served with rice	Vegetable Bean Chilli with cheese & rice
	Banana & custard	Cherry cake	Fromage frais	Fresh fruit salad	Apple & custard
WEEK THREE OF FOUR					
LUNCH	Sweet & sour vegetables served with rice or noodles	Nursery veggie mince pie served with vegetables	Cauliflower, leeks and mushrooms pie served with potatoes, vegetables and gravy	Roast vegetables and trimmings	Cottage pie (veggie mince) served with vegetables
	Yoghurt	Apple Jack	Fruit	Yoghurt	Lemon mousse
TEA	Mediterranean roasted vegetable wrap with cheese	Pizza (sweetcorn, peppers) served with vegetable sticks or coleslaw	Cheese & onion potato cake served with baked beans	Ratatouille pasta	Macaroni cheese served with peas & sweetcorn
	Melon	Yoghurt	Banana loaf	Rice pudding	Fruit
WEEK FOUR OF FOUR					
LUNCH	Vegetable (Quorn or veggie mince) lasagne	Roast vegetables & trimmings	Vegetable stew with dumplings	Sardine/tuna/cod with vegetables in Mornay sauce served with mashed potato	Vegetable Goulash with rice
	Apple pie served with ice cream	Fruit salad	Yoghurt	Fruit	Fromage frais / yoghurt
TEA	Pizza (sweetcorn, peppers) served with veg sticks or coleslaw	Vegetable pasta in tomato sauce with cheese	Mushroom risotto	Vegetable bolognaise with spaghetti & garlic bread	Three (3) beans & lentils served with cheese & mashed potato
	Yoghurt	Peaches in natural juice	Fruit salad	Fruit cookie	Fruit

